

# WILLOWBROOK SWIM & DIVE 2017 SEASON

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## IMPORTANT DATES

- **May 27:** Meet & Greet/ Suit Fitting
- **June 19:** Pre-Season Begins for ALL
- **June 26:** Regular Practice Schedule Begins
- **June 26:** Willowbrook Invitational
- **June 23:** Time Trials Session 1
- **June 26:** Time Trials Session 2
- **June 30:** Team Photo & BBQ (Tent.)
- **TBD:** Team Dinner

## DUAL MEET SCHEDULE

- ✓ **Thursday, June 29:**  
AWAY @ Briarcliff
- ✓ **Thursday, July 6:**  
Home vs. Katonah
- ✓ **Saturday, July 8:**  
Home vs. Lewisboro
- ✓ **Saturday, July 15:**  
AWAY at Yorktown
- ✓ **Thursday, July 20:**  
Home vs. CST

## "B" MEET SCHEDULE

### **SWIM** (locations TBD)

- Wednesday, July 5
- Wednesday, July 12
- Wednesday, July 19

### **DIVE** (locations TBD)

- Monday, July 10
- Monday, July 17
- Monday, July 24

## CHAMPIONSHIPS

- ◆ **July 26:** Dive Championships
- ◆ **July 27:** Dive All-Stars
- ◆ **July 29:** Swim Championships
- ◆ **July 30:** Swim All-Stars

## Pre-Season Practice Schedule

10 & Under: 4:00-5:00

11 & Over: 4:00 – 5:30

DIVE TEAM: 5:00-6:00

### **DIVE TEAM**

#### Regular Practice Schedule

**Monday – Wednesday – Friday**

5:30 – 6:30pm

**Tuesday – Thursday**

5:00 – 6:30pm

### **SWIM TEAM**

#### Regular Practice Schedule

##### **MORNING PRACTICE:**

**Monday – Wednesday – Friday**

10 & Under: 11:00am – 12:00pm

11 & Over: 9:30am – 11:00am

**Tuesday – Thursday**

10 & Under: 9:30am – 10:30am

11 & Over: 9:30am – 11:00am

##### **AFTERNOON PRACTICE:**

4:30 – 6:00 (lanes 1 & 2 end at 5:30)

Northern Westchester Swim Conference Website: <http://northernwestchestersc.com>